

## **SIGN-UP INFORMATION**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_  
HOME PHONE: \_\_\_\_\_  
SESSION: \_\_\_\_\_ 2018-2019 GRADE TO BE IN: \_\_\_\_\_  
MOTHERS WORK/CELL PHONE: \_\_\_\_\_  
FATHERS WORK/CELL PHONE: \_\_\_\_\_  
EMERGENCY CONTACT NAME & NUMBER:  
\_\_\_\_\_

\*\*\*\*\*YOUR ATHLETE MUST HAVE HEALTH INSURANCE TO PARTICIPATE

### **DISCLAIMER**

**M**Y CHILD, \_\_\_\_\_  
HAS MY PERMISSION TO PARTICIPATE IN THE TROJAN SPS  
SUMMER PROGRAM. I UNDERSTAND THAT MY CHILD WILL  
PARTICIPATE IN ACTIVITIES THAT MAY INVOLVE PHYSICAL CONTACT WITH  
THE GROUND AND/OR OTHER PEOPLE. I UNDERSTAND THAT THERE IS  
NO INSURANCE CARRIED BY THE TROJAN SPS SUMMER PROGRAM AND I  
HEREBY RELEASE THE INSTRUCTORS, PROGRAM AND SCHOOL SYSTEM  
FROM ANY AND ALL CLAIMS AND/OR FINANCIAL RESPONSIBILITIES  
WHICH MY CHILD MAY SUSTAIN AT OR TRAVELING TO AND/OR FROM THE  
TROJAN SPS SUMMER PROGRAM.

**I**N THE EVENT OF AN EMERGENCY IN WHICH MY CHILD  
REQUIRES MEDICAL ATTENTION, I AUTHORIZE THE STAFF TO  
ACT FOR ME AND TO OBTAIN WHATEVER MEDICAL TREATMENT  
THE STAFF DEEMS NECESSARY. I FURTHER AGREE TO BE  
RESPONSIBLE FOR ANY MEDICAL AND/OR OTHER CHARGES IN  
CONJUNCTION WITH HIS PARTICIPATION AT THE TROJAN SPS  
SUMMER PROGRAM.

**I**F YOUR CHILD HAS ANY RESTRICTIONS, PHYSICAL LIMITATIONS  
OR IMPAIRMENTS OF WHICH WE NEED TO BE ADVISED OF  
PLEASE LIST THEM BELOW.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

*We encourage your athlete to get a physical before starting physical activity!*

# **TROJAN SPEED, POWER, STRENGTH SUMMER 2019**



**June 10<sup>th</sup> – August 1st**

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**GROUP 1** MALE ATHLETES 6<sup>TH</sup> – 12<sup>TH</sup>

**MON/TUES/ THUR** 7:00-9:00AM @ HS

**GROUP 2** FEMALE ATHLETES 6-12 **MON/TUES /THUR** 8:30-  
10:00AM @ HS

**GROUP 3** 1<sup>ST</sup> - 5<sup>TH</sup> GRADE ATHLETES

**MON/TUES** 10:00-11:00 AM @ ANDOVER PRACTICE FIELD

## What is Trojan SPS?

**T**HE TROJAN SPS SUMMER PROGRAM IS A WEIGHT AND SPEED DEVELOPMENT PROGRAM SPONSORED BY THE SPS STAFF. THIS PROGRAM IS DESIGNED TO INCREASE YOUR SPEED, STRENGTH, AGILITY AND FLEXIBILITY. IT HAS A PROVEN TRACK RECORD THAT INVOLVES WEIGHT TRAINING, FORM RUNNING, AGILITY, PLYOMETRICS, AEROBICS AND FLEXIBILITY TRAINING. YOUR ATHLETE CAN AND SHOULD EXPECT IMPROVEMENT IN EACH OF THESE AREAS AND IN OVERALL CONDITIONING.

## When is The Program?

**T**HE TROJAN SPS PROGRAM STARTS JUNE 11<sup>TH</sup> AND CONTINUES THROUGH JULY 26<sup>TH</sup>.

**NO SESSIONS** DURING THE WEEK OF JULY 2<sup>ND</sup>-JULY 6<sup>TH</sup> (4<sup>TH</sup> OF JULY HOLIDAY)

**NO SESSIONS** FOR 1<sup>ST</sup>-5<sup>TH</sup> GRADES AND 6<sup>TH</sup>-12<sup>TH</sup> MALES DURING THE WEEK OF JULY 9<sup>TH</sup>-JULY 13<sup>TH</sup> (AHS/AMS TEAM CAMPS)

**FEMALE SESSIONS** GRADES 6-12 WILL BE HELD DURING THE WEEK OF JULY 9<sup>TH</sup>-JULY 13<sup>TH</sup>

**9<sup>TH</sup>-12 GRADE MALES** WILL MEET EVERY MON, TUES, & THURSDAY @ 7AM IN THE SMALL GYM

**6<sup>TH</sup> - 8<sup>TH</sup> GRADE MALES** WILL MEET EVERY MON, TUE, & THUR 7AM ON THE PRACTICE FIELD

**6<sup>TH</sup> – 12<sup>TH</sup> GRADE FEMALES** WILL MEET EVERY MON, TUES, & THURSDAY @ 8:30AM IN THE SMALL GYM

**1<sup>ST</sup> – 5<sup>TH</sup> TROJAN ATHLETES** WILL MEET EVERY MONDAY & TUESDAY FROM 10AM-11AM. MEET AT THE HIGH SCHOOL PRACTICE FIELD.

**\*\*THIS IS A SPEED & AGILITY SPECIFIC SESSION. NO WEIGHTS AT THIS AGE GROUP.\*\***

## Who can attend?

**A**NYONE WHO WANTS TO IMPROVE THEIR PHYSICAL ABILITIES THROUGH HARD WORK AND DEDICATION WHILE HAVING FUN MAY ATTEND.

ALL ATHLETES PLEASE BRING A SET OF CLEATS AND TENNIS SHOES. WE WILL BE USING BOTH GRASS AND GYM/WEIGHT ROOM AREAS. PLEASE COME PROPERLY DRESSED FOR A WORKOUT.

PARENTS PLEASE DROP YOUR ATHLETES OF AT THE DESIGNATED AREAS AND PLEASE PICK THEM UP AT THE PROPER TIME.

WE UNDERSTAND THAT MANY OF YOU TAKE FAMILY VACATIONS AND HAVE EVENTS THROUGHOUT THE SUMMER. PLEASE COMMUNICATE THIS WITH OUR COACHES. WE UNDERSTAND AND ENCOURAGE YOUR ATHLETES TO TAKE TIME WITH YOUR FAMILY THROUGHOUT THE SUMMER.

## What is the COST ?

\$

HIGH SCHOOL ATHLETES 9-12 – \$50.00

MIDDLE SCHOOL ATHLETES 6-8 - \$50.00.

TROJAN PRIDE (MALE / FEMALE) 1<sup>ST</sup>- 5<sup>TH</sup> GRADES - \$50.00

## Where is the program held?

**A**T THE ANDOVER HIGH SCHOOL WEIGHT ROOM , GYMS, AND PRACTICE FIELDS.

## What Now?

MAKE THE DECISION TO ENROLL YOUR ATHLETE TODAY! THIS FORM CAN BE DOWNLOADED AND SPS CAN BE PURCHASED ONLINE AT:

[HTTPS://SITES.GOOGLE.COM/A/USD385.ORG/TROJAN-FOOTBALL/SUMMER-CAMPS/SPS](https://sites.google.com/a/usd385.org/trojan-football/summer-camps/sp)

### IF PAYING BY CHECK

1. MAKE CHECKS PAYABLE TO:  
**TROJAN FOOTBALL**
2. ATTACH CHECK TO THE SIGN UP INFORMATION SHEET ON THE BACK OF THE BROCHURE. PLEASE SEND INFORMATION IN BEFORE THE BEGINNING OF CAMP!
3. SEND MONEY AND INFORMATION SHEET TO THE FOLLOWING ADDRESS:

**ANDOVER HIGH SCHOOL  
ATTN: COACH ARMSTRONG  
1744 N. Andover Rd.  
Andover, Kansas 67002**

√IF YOU HAVE QUESTIONS FEEL FREE TO CONTACT COACH ARMSTRONG @ [ARMSTROR@USD385.ORG](mailto:ARMSTROR@USD385.ORG) OR BY CELL: 316-519-5227